



JANUARY EVENTS! MEET FINANCIAL EXPERT GAIL VAZ-OXLADE AND LEARN TO TAKE CONTROL OF YOUR HEALTH WITH DR. DAVID B. AGUS, AUTHOR OF NEW HEATHER'S PICK *THE LUCKY YEARS*

JANUARY EVENTS AT INDIGO BOOKS & MUSIC:

From bestselling authors to the most anticipated holiday releases, Indigo and Chapters stores across Canada are thrilled to announce the following free and exclusive events in January.

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IN PERSON: GAIL VAZ-OXLADE

Join television personality and financial writer Gail Vaz-Oxlade as she discusses tough money problems and signs her newest book, [Money Talks](#).

Visit indigo.ca/events for full event guidelines.

Dates and Locations:

[Chapters Barrie](#)

76 Barrie View Drive, Barrie, Ontario

Tuesday, January 5th at 7:00 p.m.

[Indigo South Edmonton](#)

1837 99th Street N.W., Edmonton, Alberta

Wednesday, January 13th at 7:00 p.m.

[Indigospirit T.D. Square](#)

317-7th Ave. SW, Calgary, Alberta

Thursday, January 14th at 12:00 p.m.

[Indigo Granville](#)

2505 Granville Street, Vancouver, British Columbia

Monday, January 18th at 7:00 p.m.

[Chapters Rideau](#)

47 Rideau Street, Ottawa, Ontario

Monday, January 25th at 7:00 p.m.

[Chapters Bayers Lake](#)

188 Chain Lake Drive, Halifax, Nova Scotia

Wednesday, January 27th at 7:00 p.m.

[Chapters St. John's](#)

76 Barrie View Drive, St. John's, Newfoundland & Labrador

Thursday, January 28th at 7:00 p.m.

[Chapters Brampton](#)

52 Quarry Edge Drive, Brampton, Ontario

Monday, February 1st at 7:00 p.m.



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IN PERSON: MELISSA HARTWIG

Kick off the New Year with a 30-day reset! Join Certified Sports Nutritionist Melissa Hartwig as she shares tips from and signs [The Whole30](#). Be inspired by this bestselling guide to your healthiest self with an easy, 5-step program and over 100 recipes that aim to change your life just by changing the food on your plate.

Date and Location:

[Chapters Queensway](#)

1950 The Queensway, Etobicoke, Ontario

Wednesday, January 6th at 7:00 p.m.

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IN PERSON: IAN HAMILTON

Meet the bestselling author of the beloved Ava Lee novels, Ian Hamilton, as he talks about and signs the latest adventure of the feisty heroine! [The Princeling of Nanjing](#) is the 8th book in the series, a tangled web of intrigue that will take you on a thrill ride across the world.

Date and Location:

[Indigo Bay & Bloor](#)

55 Bloor Street West, Toronto, Ontario

Tuesday, January 12th at 7:00 p.m.

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IN CONVERSATION: DR. DAVID B. AGUS

Join Indigo's Chief Booklover, Heather Reisman, in conversation with **Dr. David B. Agus**, bestselling author and one of the world's leading cancer doctors and biomedical researchers. His latest groundbreaking book, [The Lucky Years](#), builds on the plan revealed in [The End of Illness](#) to add vibrant years to your life by knowing the real facts of health and how to leverage the power of technology to customize your care. Book signing to follow.

Date and Location:

[Indigo Bay & Bloor](#)

55 Bloor Street West, Toronto, Ontario

Thursday, January 14th at 7:00 p.m.

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INDIGOKIDS & AMERICAN GIRL PRESENTS: Lea Clark™, Girl of the Year™ Crafts and Activities!

Dive into adventure with [Lea Clark™, Girl of the Year™](#)! She's a curious girl with a passion for helping others – especially animals in need! Get to know the new Girl of the Year – join us at your favourite Indigo or Chapters store for a special morning of Lea crafts and activities. Contact your local Indigo or Chapters store to sign up today.

Dates and locations:

All Indigo and Chapters locations (except Chapters Queensway, Etobicoke ON)

Saturday, January 23rd at 11:00 a.m. – 12:00 p.m.



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NEW HEATHER'S PICKS

Indigo CEO and Chief Booklover Heather Reisman is announcing a new Heather's Pick for January: [The Lucky Years](#) by David B. Agus, M.D.

For many Canadians, January marks not only the start of a new year, but the beginning of a healthier life. In [The Lucky Years](#), Dr. David B. Agus unveils the brave new world of medicine, one in which we can take control of our health like never before.

In his first bestseller, [The End of Illness](#), David Agus revealed how to add vibrant years to your life by knowing the real facts of health. In this book, he builds on that theme by showing why this is the luckiest time yet to be alive. In this new golden age of advanced medicine, people are more able than ever to take full advantage of the power of technology to customize their care. Only those who know how to access and adapt to these breakthroughs—without being distracted by hyped ideas and bad medicine—will benefit. Imagine being able to get fit and lose weight without dieting, train your immune system to fight cancer, edit your DNA to avoid a certain fate, erase the risk of a heart attack, reverse aging, and know exactly which drugs will optimize health with zero side effects.

That's the picture of the future that you can enter starting today. Welcome to [The Lucky Years](#).

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INDIGO'S STAFF PICKS OF THE MONTH

Indigo's [Staff Picks](#) program is the perfect place to start looking for your next favourite book. Each month we choose the book that Indigo employees at home office and in stores love the most, and what we think our customers will love. Click [here](#) to learn more about Indigo's Staff Pick of the Month program.

January's Staff Pick of the Month is [Tiny Beautiful Things](#) by Cheryl Strayed – the same author behind the best-selling memoir [Wild](#). Published just months after [Wild](#), [Tiny Beautiful Things](#) is another tell-all of sorts – only in this book, Strayed shares the best pieces from the advice column she wrote for [TheRumpus.net](#) while she was still an unknown author, called “Dear Sugar.” Strayed wrote the column anonymously for over two years, and only revealed she was Sugar shortly before this collection was published.

In [Tiny Beautiful Things](#), Strayed combines advice with personal anecdotes to provide raw, honest guidance for readers. Rich with humor, insight, compassion—and absolute honesty—this book is a balm for everything life throws our way.

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#IndigoBookClub!

The **#IndigoBookClub** calls on booklovers from all over the globe to take part in a monthly Twitter party to discuss great reads in 140 characters or less.

This month's #IndigoBookClub title is [Tiny Beautiful Things](#) by the bestselling author of [Wild](#), Cheryl Strayed.

Stay tuned to [@chaptersindigo](#) to find out the date and time of this month's Twitter party, and be sure to use [#IndigoBookClub](#) to take part!

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